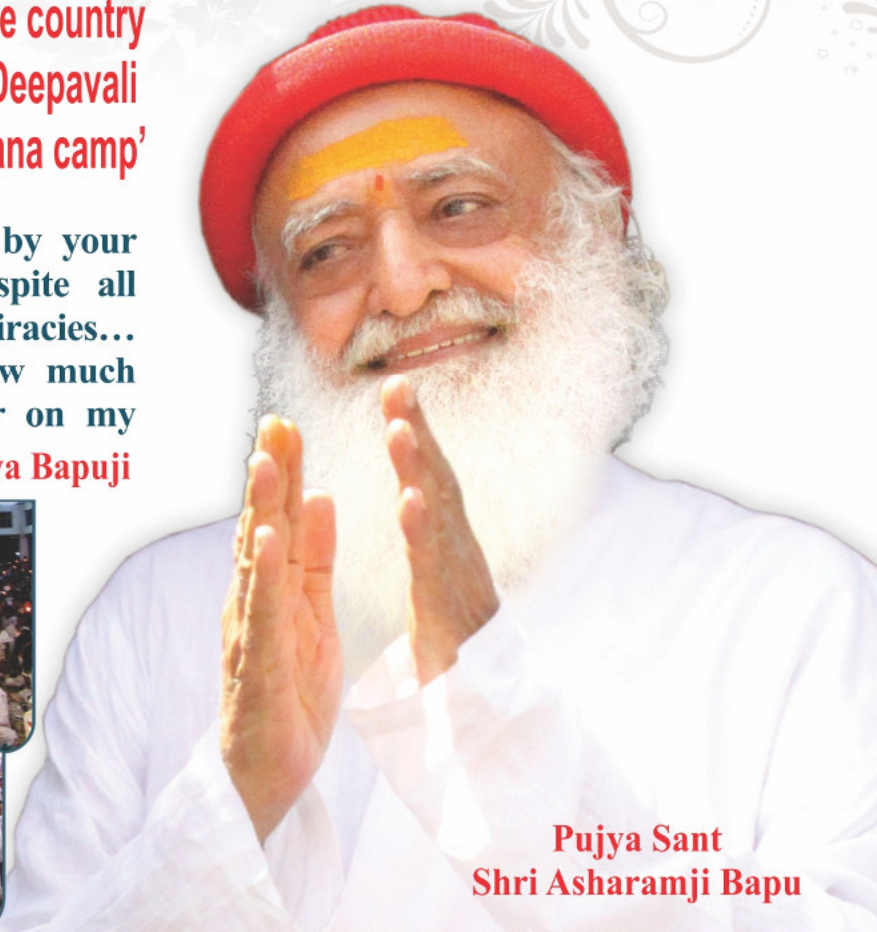


RISHI PRASAD

A Monthly Magazine

Thousands of students from all over the country arrived at the Ahmedabad ashram on Deepavali to attend the 7 day 'Students' Anushthana camp'

Time and again I am touched by your reverential faith and patience. Despite all malicious propaganda and huge conspiracies... you have remained undeterred. How much accolades and love I should shower on my beloved ones, just tell me!
– Pujya Bapuji



Pujya Sant Shri Asharamji Babu



The auspicious Aarati



Sankirtan of the divine Name and Satsang



Saraswaty Mantra-anushthana



Prayer to God



Yogasana



The divine-human laughter technique



Budding kids suffering from pangs of separation from Dear Bapuji



* 12 teachings from the Gita for progress in this world and the other
Anniversary of the Gita: 21st December

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* Pujya Sant Shri Asharamji Babu inspired
Tulsi Worship Day: 25th December

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Pujya Bapuji's love showering divine message received on Deepavali 2015... Page 24 & 27

A 6 day 'Students' Camp' was held at the Jodhpur Ashram



Sadhakas fervently celebrated the Gopashtami festival all over the nation



Ahmedabad



Jodhpur



Raipur (C.G.)



Newai, dist. Tonk (Raj.)



Navsari (Guj.)



Godhra (Guj.)



Boisar, dist. Palghar (Mah.)



Barmer (Raj.)



Kesrapalli (Odisha)

A glimpse of selfless services for the good of the nation



'Rishi Prasad Conference' at Ludhiana



A huge rally in Kolkata



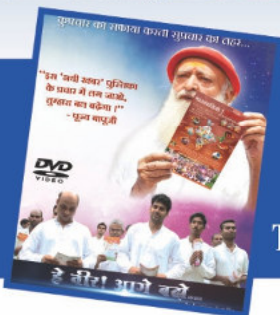
'Sanskar Sanchin (inculcating samskaras)' Programme at Seragada, dist. Ganjam (Odisha)

We are unable to publish all the photos due to lack of space. For many more photos, please log on to www.ashram.org/sewa.

A wave of positive propaganda countering the malicious one

O brave man! March ahead... *An Inspiring Short Film*

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Bapuji taught us the way of living and the goal of life

(Contd. from the previous issue)

He taught us how to clean our teeth

Pujya Bapuji says, “Many people clean their teeth with the index finger. Rubbing the teeth with this finger weakens the gums, causing the teeth to fall out early; because the bioelectric energy of the index finger is greater than other fingers. Therefore, one shouldn’t rub teeth and eyes with it.”

He taught us how to keep the body robust through oil-massage

Oil-massage is an easy and cheap way to make the body robust and free from diseases. Bapuji mentioned the importance of oil-massage and also explained the correct method thereof. Pujyashri says, “Massaging the body with 10 gm oil gives energy equal to that obtained by consuming 80 gm ghee. First of all empty your bowels, then massage your body and only then take a bath.

Your ancestors were Rishis who had also discovered the effects of massage on different days of the week. Massage with sesame seed oil on a Sunday generates heat in the body. Massage on a Monday gives beauty and health; while that on a Tuesday reduces longevity due to the influence of Mars. Receiving massage on a Wednesday gives strength and wealth; whereas a Thursday massage is harmful. A Friday massage gives rise to agitation; while massage on a Saturday gives energy and happiness. Rishis have, however, given solutions to those who can’t but receive massage even on the prohibited days. Mixing rose-petals on Sundays, *Durva* grass on Thursdays, clay on Tuesdays and a little *Gomaya* (the extract of cow’s dung) on Fridays to the massage oil nullifies the respective adverse effects. However, those who receive massage daily need not mix anything with the massage oil. According to the ‘Shiva Purana’, they suffer no adverse effects of massaging oil on any day. Mustard oil can be used for massage on all days of the week. (For a detailed information about oil-massage please read ‘Aarogyamidhi’ Part-I)

Various types of oil are used for body-massage. The oil prepared by boiling bottle gourd juice with mustard oil is more beneficial.



Method: Peel 1.25 kg of bottle gourd and mash it thoroughly. Next, squeeze out its juice. Heat 250 gm of mustard oil or sesame seed oil in a vessel. Remove the vessel from the stove when the oil becomes hot. Add the bottle gourd juice. Then boil the mixture on a very low flame until the bottle gourd juice is completely evaporated. The resultant oil is equal in quality and effect to almond oil. A massage with this oil will strengthen both your body and brain.

After half an hour of body-massage, take a rub and scrub bath. Alternatively, you may rub an unguent made from the powders of barley, sesame seeds and *Amla* (Indian Gooseberry) or the Saptadhanya Ubtan (an unguent made from seven types of cereals) or even cow dung to your body and then take a bath.”

He told us the right way to have a haircut

People have been forgetting the wisdom of Indian culture and its scriptures. Hence they are suffering more and more from anxiety, sorrow, trouble, depression etc. Pujya Bapuji has culled numerous useful practices for a better life from the scriptures, and benefited society with the knowledge thereof. Having a haircut is also one of them. Pujyashri says, “The authors of our scriptures have also discovered when to get one’s head tonsured and when to have a haircut. Those, who get their head tonsured or have a haircut on a Sunday, suffer loss of wealth, intellect and dharma. Many persons get a haircut on a Sunday etc. without considering the consequences, but the malefic effects of the concerned planets are very much visible in the lives of those poor guys.

A devotee of Lord Shiva loses his devotion considerably if he has a haircut on a Monday; however, it causes no harm to others if they get their head tonsured or have a haircut on a Monday. One having a son should also not have a haircut on this day. A haircut on a Tuesday reduces longevity, while that on a Wednesday brings monetary gains. A haircut on a Thursday leads to loss of profit and fame; and that on a Friday brings increase in one’s wealth and fame. One having a haircut on a Saturday curtails his longevity and there will always be a risk of his meeting an accident or even an untimely death.”

He reinstated bathing as a virtuous act



Due to the blind imitation of Western culture, people have been forgetting the glories of taking a bath. This has increased *Tamoguna* in society; and consequently, there has been a phenomenal increase in problems like quarrels, fights, unrest etc. In order to relieve people of all these problems, Bapuji has mentioned a beautiful method of taking bath while stating its importance: “The scriptures state that taking a bath is of eternal value as it gives everlasting merits. Sanatan Dharma holds bathing as an important limb of continence, good conduct and attainment of eternal happiness. The Skanda Purana (Brahma Khanda, Cha. Ma. : 1.25) states:

स्नानेन सत्यमाप्नोति स्नानं धर्मः सनातनः ।
धर्मान्मोक्षफलं प्राप्य पुनर्नैवावसीदति ॥

“Man attains the Truth through a bath, which is an everlasting Dharma; practice of Dharma leads to Moksha, whereupon man doesn’t suffer from sorrow.”

A bath increases *Sattvaguna* which leads one towards eternity; and this is absolutely true. Any yogi or *Sadhaka* can experience this scriptural teaching.

If you increase your *Sattva* (moral strength) by virtue of a bath, you'll succeed in attaining Truth and true happiness through *Satsang*, *Sadhana* and selfless service. It's therefore a custom to take a bath before starting any virtuous act. One doing some work immediately after waking up in the morning, without taking a bath, feels less inspired and less energised, compared to one who does it after taking a bath. If the bath is taken before dawn, it remarkably increases *Sattvaguna*.

Scriptures enjoin that one should not take one's bath with warm water, but with normal (fresh) water only. A bath with normal water in the morning is more refreshing and energising than that with warm water." (Those living in extreme cold conditions, old and sick people and even those having a bath after oil massage may use lukewarm water.)

(To be contd.)

Vishwaguru-India Programme

The period between 25th December and 1st January sees a steep rise in all sorts of undesirable acts such as use of various intoxicants like alcohol etc., suicide, ruin of youths due to promiscuity and so on. Therefore, for the welfare of the entire humanity Pujya Bapuji has given a clarion call: "Let there be programmes like 'Worship of Tulsi', 'Worship of *Japa-Maala*', 'Worship of the Cow', *Hawan*, 'Cow-Gita-Ganga Awareness Marches', '*Satsang*' etc. from 25th

December to 1st January, so that everyone's wellbeing is ensured –they enjoy physical health, mental peace and revelation of divine grace in their intellect. May they become brilliant and vigorous by reaping benefits of the cow, the river Ganga and Tulsi; and realize the greatness of their Mukta (free from the bondage) Self through the wisdom of the Gita."

Programme Schedule

All ashrams, *Samitis* and *Sadhaka* families should endeavour to organise the following programmes in their localities to get their benefits and help others get the same.

25th December: Tulsi Worship Day (Refer to page 8 for details.)

27th December (Ravipushyamrit Yoga): Worship of *Japa-Maala*, *Hawan*, Worship of the cow.

30th December: Positive Health & Yoga Training Camp (It must be organised in the 'Bal Sanskar Kendras' and the 'Gurukuls' without fail.)

31st December: Rashtra Jagruti Yatra / Gau-Gita-Ganga Jagruti Yatra

Note: the programme for recitation of 'Shri Asharamayanaji' must be organised during the period between 25th December and 1st January.

For more information on how to organise the above programmes, please contact: (079) 39877731, 39877788.

The message of the Sun-god is the message of Life

– Pujya Bapuji



(Makar Sankranti: 14th and 15th January)

Hindu festivals fall on different dates every year, but Makar Sankranti festival falls on the same date every year. It is a festival of nature, not observed on account of someone's birth or death, or even someone's incarnation. This festival is pertinent to seasonal changes occurring in nature and every act of nature affects the human mind and body.

The Sun-god embarks on his northward journey from this day. Sunny days get longer and dark nights become shorter. The intensity of cold will gradually decrease. It will neither be hot, nor cold; the spring season will arrive. If you lovingly and heartily remember the Sun-god and perform His *Arati* (i.e. reverentially wave a lamp before the Sun), joy and bliss will surge in your heart. The joys of spring will undoubtedly arrive, and also, at the same time, you will experience the joy of your inner self, Supreme Self too.

A Highly Auspicious Day

Makar Sankranti or Uttarayana is a very auspicious day that imbues one with *Sattva* (and increases the *Sattvic* qualities of calmness, goodness and purity). Also, after Makar Sankranti, most of the shubha *Muhurtas* (an auspicious time for starting a venture) are selected. As per the Puranas, the gods wake up on these days. Six human months are equal to one celestial Ayan (Uttarayana or Dakshinayana). Uttarayana is the day of the gods and Dakshinayana is their night. From this day the Gods start moving with their astral bodies on the earth plane to receive *Yajna* (oblations), *Havan* (fire sacrifices), *Naivedya* (food offered in worship), prayers etc.

Make the most out of Makar Sankranti

One, who wakes up before sunrise on this day and takes bath with the water containing sesame seeds, gets the merits of donating ten thousand cows. Also, meditation on the Sun-god (mentally with the eyes closed) and praying to Him for a long and healthy life on this day is highly effective.

Bathing with *Til-Ubatan*, an unguent made of sesame seeds or with one made by mixing sesame seeds or barley flour with cow urine or cow dung, and eating sesame seeds, is considered to be beneficial and meritorious. On this day, one should offer *Arghya* to the Sun-god with water mixed with sesame seeds. Also make use of sesame seeds in drinking water and fire sacrifices. Donation of sesame seeds on Sankranti destroys one's sins, the use of sesame seeds in food gives sound health, and the fire sacrifice performed with the offering of sesame seeds is meritorious. Also, drinking water mixed with some sesame seeds is good for health. However, it is prohibited to eat sesame seeds and foods containing sesame seeds at night.

Heliotherapy

Only with the grace of the sun and the moon all medicines used by harmless therapies get curative power. A sun-bath destroys many ailments. Cover your head and lay-down in the soft sun rays. Taking a sun-bath while lying-down is highly beneficial. Your entire body should get direct exposure to sunlight so that the imbalance of *Vata*, *Pitta* and *Kapha*, caused by the deficiency of whichever colour in the body, gets replenished. Taking a glass of lukewarm water prior to taking a sun-bath and bathing with cold water after taking a sun-bath will be more beneficial. Sun-rays have an exceptional immunising power. No doctor or remedy in the world can give as much spiritual health and firmness of intellect as bestowed by the radiance and energy present in the soft rays of the rising sun.

Sun-bathing is fine as an external means of keeping our body healthy, but in order to have sound mind and intellect, repetition of the divine Name (*Japa*) is required.

The message of Uttarayana

The way the Sun-God dries up water from oceans, rivers, drains, mud and other moist places, yet remains unaffected by the salinity of the ocean and the dirtiness of drains etc.; additionally, by being the cause of cloud-formation (through vaporisation) and the source of vigour and vitality for the entire world and its beings, remains engaged in benevolent acts; similarly, you too should pick up virtues from wherever possible and remain engaged in charity without being affected by anyone's vices. Thus, you should set your goal high and repeat it every day. Then, even Mother Nature and God will help and inspire you in every single step that you take.

Take a vow to remain firm in your goal and repeat it aloud in seclusion; for example – ‘O *Yakshas*, *Gandharvas*, *Kinnaras* (demigods) and others; all listen to me! Today onwards, I won't do anything that would hurt the feelings of my Gurudeva or God.’ This will increase your will-power. That's it, everything else is automatically taken care by the protective grace of the Guru and God; thereby elevating you. Even illiterates become adorable with the grace of Guru.



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Inspired by His Holiness Sant Shri Asharamji Bapu
Come Let's Celebrate

Tulsi Poojan Day

(25th December)

**Tulsi (Basil) provides health benefits together
with happiness, peace and prosperity**

One who is incomparable is named “Tulsi” indicating how extremely beneficial it is. Worshipping, having darshan, consumption and planting of Tulsi destroys the three types of afflictions -Adhibhautika (Material), Adhidaivika (Astral), and Aadhyaatmika; and gives happiness and prosperity. Therefore all human beings of the world should take benefit of the wonderful qualities of Tulsi and lead a healthy, happy and respectful life, adopting the great perspective of Indian culture of beholding that Supreme Being alone even in plants and cultivate divine mental attitude. With this objective of public welfare, Pujya Bapuji, the well-wisher of all creatures, inspired the celebration of the Tulsi Poojan Day on 25th December 2014 and since then it has been celebrated in India and in many other countries across the world. Worship of Tulsi increases intellectual power, willpower, power of character, and the power of health. It protects the people from mental depression, suicidal tendencies and the society gets the benefit from this subtle scientific knowledge of Indian culture discovered by Rishis.



Tulsi has many Names

Tulsi juice is the best, so it is given the name “Sursa”. It is readily available everywhere hence it is also called as “Sulabha”. It is more prevalent in the villages hence it is also called “Gramyaa”. It relieves pain so it is also called “Shoolaghni”. Its botanical name is *ocimum sanctum*.

Tulsi a Wonder Drug

Pujya Bapuji says: “Tulsi gives longevity, health and vitality.” Simply by seeing a Tulsi plant, all accumulated sins are destroyed. Simply by touching Tulsi the body is purified. One who worships her after giving water becomes free from diseases and hellish afterlife.



Chewing 5-7 leaves of Tulsi followed by drinking water after holding it in the mouth and stirring it up will protect one from the doshas of Vata, Pitta and Kapha. It increases memory power and immunity of the body also. It prevents ascites and fistula in anus. Tulsi destroys cancer.



One who wears a rosary made of Tulsi beads around the neck or has a Tulsi plant near him (at the time of death) cannot be touched by the messengers of Yamaraj (the god of death). Wearing it around the neck charges the body with the bioelectric energy or the fire element which prevents the formation of tumours and, diseases caused by kapha like asthma, tuberculosis etc. It maintains vigour and ojas in the body, and boosts immunity.

Tulsi seeds are used in genitourinary diseases and mental diseases. The ethanol extract (90%) of the leaves showed hepatoprotective effect against paracetamol-induced liver damage. It has antiulcerogenic property. Aqueous suspension of the leaves showed immunostimulation of humoral

immunological response indicating the adaptogenic action of the plant. The essential oil of Tulsi is antibacterial and antifungal.

Tying the root or beads of Tulsi around the waist helps women, especially pregnant women. It reduces labour pains and facilitates normal delivery. There is a saying: “Whoever has Tulsi and Cow in their home is never visited by diseases.”

Why do Tulsi Poojan?

In the **Skanda Purana** it is said, “Wherever Tulsi is planted in the courtyard of a house (and worshipped everyday), the messenger of Death dare not enter that place.”

In the **Padma Purana** it is said, “In the Kaliyuga, worship, chanting, meditation, planting and wearing of Tulsi burns one’s sins and gives him heaven and moksha.”

In the **Uttara Khanda of Padma Purana** it is said, “One whose dead body is burnt in a fire, which has Tulsi wood as fuel, will attain the spiritual world, even if he is the most sinful of sinful persons, and the person who lights that fire will be freed from all sinful reactions. He cannot be caught by the messengers of Death.”

It is said in the **Garuda Purana**, “Planting, cultivating, watering, meditating, touching and praising Tulsi burns down sins accumulated in past lives.” (**Dharma Kanda - Preta Kalpa: 38.11**)

“One who drinks water with Tulsi leaves at the time of death is freed from all sins and goes to the abode of Lord Vishnu.”

(**Brahmavaivarta Purana, Prakriti Khanda: 21.43**)



To eradicate poverty and get wealth

“One who wants to eradicate his poverty and attain happiness and wealth should circumambulate a Tulsi plant 108 times with pure bhava and devotion at the time of worshipping Tulsi.” ★★★ – **Pujya Bapuji**

* Keeping a Tulsi plant in the north-east corner gives prosperity.

Now Science has acknowledged importance of Tulsi

* Tulsi has a strong bioelectric field. That is why the air in the circle of 200 metres radius around Tulsi is clean and pure. In our Indian culture there is a custom of placing Tulsi leaves on foodstuffs during the period of eclipse as our sages knew that Tulsi has electric energy and hence it protects the foodstuff from the harmful influence of the destructive gases and hazardous sun rays during the eclipse time. Tulsi leaves are also germicidal.

* Tulsi leaves contain a greenish yellow volatile oil which spreads in the surrounding air. It fills the air with radiance, glow and energy. The air touching Tulsi leaves is good for health wherever it may go. This is because Tulsi leaves contain a chemical called eugenol methyl ether which is germicidal and mosquito repellent.



* Tulsi plant emits ozone which is very energetic.

* In a research carried out with a Universal Scanner (an instrument for measuring the aura), a startling fact was revealed that the aura of a person increased by three meters in all directions by circumambulating a Tulsi plant nine times. The larger the aura of a person, the greater is his capacity to work, mental ability and health.

* According to a research carried out in the King George Medical college of Lucknow, Tulsi leaves are beneficial in peptic ulcer, cardiac disorders, hypertension, colitis and asthma. Tulsi is regarded as an anti-stress agent. A daily intake of Tulsi tea (sans milk) or a regular intake of Tulsi leaves by masticating reduces the intensity of daily mental stress.

Pujya Bapuji says: “Scientists say that consumption of Tulsi cures or prevents malaria, and prevents cancer but I say their perspective is very narrow. Tulsi is a gift of God. You think-‘Tulsi pleases Lord Vishnu the most. Tulsi arouses divine love in our heart. So she is our nourisher and protector.’ And then

eat Tulsi. Malaria etc. will be cured. Our perspective is not only to get rid of diseases but to keep the mind cheerful and to be cured of the disease of Transmigration and arouse divine joy in our heart in this very life.”

Why celebrate Tulsi Worship Day 25th December?



(1) Nowadays, due to the blind imitation of Western culture there has been a steep rise in the incidences of alcoholism, suicide etc. at the time of New Year celebrations. It will prove to be a real boon to celebrate this festival during these days because Tulsi is an excellent antidepressant and it increases enthusiasm, vivacity and purity.

(2) All actions done with an expectation of fruits are prohibited in the month of Dhanurmas but acts for divine love give special benefits and cheerfulness. The 25th December falls in the middle of this period.

Tulsi Worship Process

On the morning of 25th December keep the potted Tulsi plant in a clean place a little above the ground. Offer water to it and chant this mantra.

महाप्रसादजननी सर्वसौभाग्यवर्धिनी । आधिव्याधि हरिर्नित्यं तुलसि त्वां नमोऽस्तु ते ॥

“O mother of great mercy, the bestower of all good fortune, who always removes anxiety and torment; Tulsi, I offer obeisance unto you.”

Then apply tilak on your forehead while chanting the mantra-“*Tulsyai Namah*”. Offer unbroken rice grains, flower, and clothes and some sweets. Perform *aarti* by lighting a lamp and circumambulate Tulsi plant 7,11,21,51 or 108 times. Be quiet in that sanctified environment and pray to God or chant the divine Name or mantra given by your Guru. Doing *pranayama* near Tulsi increases strength, intellect & vitality.

Add Tulsi leaves to the offerings of sweets to convert it into divine prasada and distribute among all. Keep vigil till 12.00 am near Tulsi. Get repose in God by doing worship, chanting, and meditation. Reading of Tulsi Namashtak is also a meritorious act. Worship of Tulsi can be done in the nearby Ashram, Tulsi grove or any feasible pure place.

Tulsi Namashtak

वृन्दां वृन्दावर्नीं विश्वपावर्नीं विश्वपूजिताम् । पुष्पसारां नन्दिनीं च तुलसीं कृष्णजीवनीम् ॥
एतन्नामाष्टकं चैतस्तोत्रं नामार्थसंयुतम् । यः पठेतां च संपूज्य सोऽश्वमेधफलं लभेत् ॥

1. Vrindavani – one who first manifested in Vrindavan. 2. Vrinda – The goddess of all plants and trees (even if one Tulsi plant is present in a forest it can be called Vrindavan). 3. Vishvapujita – one whom the whole universe worships. 4. Pushpasara – the topmost of all flowers, without whom Krishna does not like to look upon other flowers. 5. Nandini – seeing whom gives unlimited bliss to devotees. 6. Krishna-jivani – The life of Krishna. 7. Vishva-pawani – one who purifies the three worlds. 8. Tulsi – one who has no comparison.

Lord Vishnu says to Naradji, “Vrinda, Vrindavani, Vishvapawani, Vishvapujita, Pushpasara, Nandini, Tulsi and Krishna-jivani are the eight names of Goddess Tulsi. This meaningful list of names is prevalent in the form of hymn. Anyone, while worshipping Tulsi Devi chants these eight names, will get the same result as one who performs the Ashvamedha Yajna.”

(Brahmavaivarta Purana, Prakriti Khanda: 22.32-33)

★★★ (1) “One who worships Tulsi as prescribed by scriptures while chanting the ten lettered Mantra ‘श्रीं ह्रीं क्लीं ऐं वृन्दावन्यै स्वाहा ।’ *Om shrim hrim klim eim vrindavanyai swaahaa* attains all siddhis.”

(Brahmavaivarta Purana Pra.Kha. 22.10-11) (2) “Poverty does not stay in the house where a Tulsi Plant is kept. Sorrow, fear and diseases cannot stay where there is presence of Tulsi.” **(Padma Purana Uttar Khanda)** (3) “Poverty is eradicated by circumambulating the Tulsi plant 108 times on a new moon day falling on Monday.” **(Hinduon ke ritirivaj tathaa maanyataen)**



How to Become an Excellent Sadhaka ?



(Continued from the previous issue)

There should be fearlessness in life instead of worry, anxiety and problems that inflict us off and on. What value does a life have that is fraught with fear, weakness and worries? Life should be like a blossomed rose flower. It is shameful to be afflicted with fear and anxiety in human life. Insouciance is conducive to prudence. Don't worry but reflect. As you get rid of the worries of the world and become established in the Supreme Self, your life's worries will automatically start vanishing. If there were no hardships in human life, how would you be able to evolve? *Satsang* and the company of the Satguru teach us to keep smiling even while facing hurdles and obstacles of life. Never be sad. Discard all sorts of negative and pessimistic thoughts from your mind. Always keep smiling. Only that person should suffer from sorrow and dejection who is shorn of a guardian. Your Satguru, the Supreme Self, Lord of the Universe is always with you. He removes your pains within a moment with His benign smile. Then why be sad? The result of an effort made sincerely and prudently is bound to be good. Be calm and equanimous. *Sadhakas* should start being always happy by engraving this mantra in their hearts:

“I made a very careful and close search, and found that all anxiety about the future is quite useless. For all my anxiety, I (Kabir) cannot change anything. The Lord actually looks after me, and I am free from worries.”

Apart from all these resolves and observances, you also decide: 'I will listen to *Satsang* for this much duration every day without fail.' If you regularly listen to *Satsang* every day and read spiritual books, your mind will not entertain useless thoughts and you will be saved from *Manoraj* (futile musing), and the biggest advantage will be that your mind will remain absorbed in the thoughts of the *Satsang* that you hear. The mind will naturally keep pondering over those thoughts of *Satsang* only. Reflection on the words of *Satsang* will develop moral discrimination and dispassion in you on its own. With the help of reflection on the thoughts of *Satsang*, your mind shall be saved from petty desires and base attractions, and positively remain engaged in savouring the nectar of *Satsang*, and thus your prayer (*Sadhana*) is accomplished effortlessly. Worship and frequent rumination of sublime thoughts of *Satsang* will not only protect your mind and intellect from downfall, but it will also provide them an opportunity to become established in the Giver thereof (Self). As often as you listen to and reflect on *Satsang*, you will come closer to your real nature of 'Truth, Consciousness and Bliss' rising above your *Jiva*-nature. It has been rightly stated, "To be deprived of *Satsang* is the consequence

of great sinful acts.” A person may not be a *Sadhaka*, but if he listens to and reflects on *Satsang* repeatedly, he may attain a SatGuru to become an excellent *Sadhaka* and can get realisation of the Supreme Self as well. It is the supreme reward of *Satsang*, selfless service and *Sadhana* that one starts getting the divine joy, with the peace of meditation and Guru’s grace surging in his heart.

Satsang is the matchless gem in this world, it is the Kohinoor, the philosopher’s stone; and in fact these are all stones, whereas *Satsang* is the living flame of liberation. Hence, all *Sadhakas* must regularly listen to *Satsang* every day.

Sadhakas should read the books- ‘Divine Inspiration’ (The Secret of Eternal Youth), and ‘Towards God’ repeatedly and reflect thereon. The book ‘Panchamrita’ published by our ashram includes these books. This generates interest in *Sadhana* and devotional practices. Along with this, read “Shri Yoga Vasishtha Maharamayana” every day, and get increasingly immersed therein. In this manner cultivate all the above mentioned virtues in your life meticulously to become an excellent *Sadhaka*. If you become intently dedicated to do this much, nothing can stop the revelation of Supreme Self in your heart! Then why delay? (The End)

Knowledge of the Self alone, is the removal of all pains



There is advent of God, there is advent of SatGuru, Where non-dual Knowledge is revealed.

The direct realisation of That is possible for one,

Whose mind is absolutely pure. Atman is blissful, Omnipresent

Eternal Consciousness.

One who is deluded by egotism experiences pains and pleasures with mind-body.

One who is endowed with faith dissolves

egotism in Love through self-surrender.

I was lost myself when I was intent on the search of Self. However, the unseen gate of

bliss was open every day.

Only the veil of Ignorance is removed here.

None knew Me before I sought refuge in God.

Now the world knows Me before

showing their face to Me.

My maintenance is now being

done without doing anything.

We are attaining here That which

can’t be attained anywhere else.

We are singing here That which

can’t be sung anywhere else.

We are making our conduct here such that

can’t be made anywhere else.

When the sense of ‘mine-ness’ is

destroyed the form of ego vanishes.

This alone is called Liberation,

freedom from shackles of beliefs.

This alone is supreme Freedom,

the spring of ambrosial Knowledge.

I came to know on coming here alone;

“There is nothing to be attained.”

God is attained within own self.

I don’t have to seek Him anywhere else.

Pathik’s abode of repose, the Knowledge of the

Self alone is the removal of all pains.

- Pathikji

Remember To Take the Benefit of These Meritorious Days

21st December: Mokshada Ekadashi (This Vrata is the destroyer of great sins, fulfiller of all desires like a wish fulfilling gem. Pitris fallen in lower species could be emancipated by giving the merit of this Vrata to them. Reading and hearing of its glories gives the merit of a Vajpaya Yajna.), Gita Jayanti.

27th December: Ravi Pushyamrita yoga (From 11.19 am to sunrise 28th December)

29th December: Fourth lunar day falling on Tuesday. (From sunrise to 3.31 pm)

6th January 2016: Saphala Ekadashi (Observance of this Vrata grants success in all works. It gives happiness, sense enjoyments and Moksha. One who observes vigil throughout the night gets more merit than one who practices penance for thousands of years. By reading, listening to the glories of this Ekadashi and following the same, one gets the same benefits one gets by performing a Rajasuya Yajna).

15th January: Makar Sankranti (Meritorious period: From sunrise to sunset).

20th January: Putrada Ekadashi (One who observes this Vrata with the desire of begetting a son gets it and becomes fit for going to heaven. It destroys all sins. By reading and listening to the glories of this Vrata one gets the benefits that one gets by performing a Agnishtoma Yajna).



Dutiful and Spiritually-oriented Malaviyaji

(Birth Anniversary of Pandit Madan Mohan Malaviyaji: 25th December)

Madan Mohan Malaviyaji was an icon of dutifulness. He used to perform all his tasks promptly, diligently and sincerely assuming them to be the worship of God. He did not like any sort of carelessness even in the smallest task.

As a teacher, he would update himself thoroughly about the subject and then teach it in such an interesting, impressive and edifying manner that whoever learnt some lesson from him even once, didn't have to revise it at home.

Similarly, when he stepped into the world of journalism, he simply redefined the profession altogether. He attached maximum importance to Hindi as the National Language and set new trends in Indian journalism. He founded a Hindi press and thus started public service; and thereby continued to struggle for the cause of unbiased journalism. Malaviyaji's revolutionary writing in the Hindi weekly 'Hindustan' awakened people from their slumber and inspired them to join the freedom struggle. After that, he worked as a co-editor of the English daily 'Indian Opinion'; and simultaneously, he also studied law.

Even the British Government acknowledged Malaviyaji's awesome competence in the legal profession. He was widely praised for his keen intellect, frankness, eloquence and extraordinary reasoning. He never pleaded for false or fraudulent cases. In the court of law, he pleaded only for cases where some innocent poor was oppressed and treated unjustly.

One day, when Malaviyaji was about to leave his office, an unknown person came and said to him tearfully, "The hearing of my case is scheduled to be held today in the High Court. Munshi Kalindi Prasad is my advocate, but he is currently out of station. When I approach some other lawyer, his secretary demands for an advance payment, which I don't have. I don't know what to do! You are a virtuous person and hence I have come to seek your help."

His heart melted instantly for the poor, refugee and dharma. Malaviyaji was very busy that day; yet, he immediately sent one of his aides with the person to Munshi Gokul Prasad and thus the task of that poor man was accomplished without spending money.

When 225 Indians were condemned to death in connection with the Chauri Chaura riots, he fought the case with such a brilliant, impartial and proficient strategy that the Government had to cancel the death sentence of as many as 153 of them; this naturally earned him nationwide praise.

The manifest embodiment of Malaviyaji's boundless love for Indian culture is the 'Benares Hindu University', for which he devoted all he had –his mind, body and wealth. This University is a living example of Malaviyaji's determination, hard work and dutifulness.

He worked so diligently and devotedly that he didn't even care for his illness. Once, he was engaged in an important work and his health deteriorated considerably. Many people advised him to leave the task and take a long rest; but he was so much devoted to his duty that he continued to work. After a few days, some educationalists arrived to enquire about his health. Surprised at the sight of him working very diligently, they asked, "From where do you get the

inspiration to work even in such a condition?”

Malaviyaji replied, “When I see a withered leafless banyan tree of autumn blooming with shoots and tender leaves on the advent of spring, I become charged with hope. This is what inspires me. Those, who become disappointed with small and trivial obstacles, never succeed in life.” Satisfied with his answer, the educationalists were filled with a great deal of goodwill for him.

Malaviyaji had a special inclination towards spirituality. He was an aspirant of the spiritual path ruled by the doctrine of non-dual existence of the individual self and the Supreme Self. He used to carry out an in-depth study of the Srimad Bhagavatam.

Once saint Prabhudatta Brahmachari went to Kashi (now Varanasi or Benares) to see Malaviyaji. He asked Malaviyaji a question, “Which verse of the Srimad Bhagavatam has impressed you the most?”

Mahamana (as Malaviyaji was popularly referred to) said:

“मनसैतानि भूतानि प्रणमेद्बहु मानयन् । ईश्वरो जीवकलया प्रविष्टो भगवानिति ॥

“Such a perfect devotee offers respects to every living entity because he is under the firm conviction that the Supreme Personality of Godhead has entered the body of every living entity as the Super-Soul or Controller.” (The Srimad Bhagavatam: 3.29.34)

I consider this verse to be the very gist of Indian culture.”

Malaviyaji not only studied the scriptures, but also led his life according to the prescriptions thereof. He used to say: “He, who unflinchingly adheres to the truth and leads a restrained life by controlling his senses, remains untouched by any sort of lust, greed or trouble.”

Malaviyaji’s dutifulness, honesty, purity of character, patriotism and devotion to God are always a source of inspiration to society. *****

(Continued from page: 17...) with the reflection: ‘You are but bound to go, so I won’t cling to you; nor shall I lose heart due to the fear of sorrow.’ This will turn the incidents of happiness and sorrow into the means of development. Life is blissful. You are born out of the Bliss-personified Lord. You can’t live without joy, but if you choose the perverted joys of a sensual nature, they will throw you into the vicious cycle of birth and death; whereas turning to pure joy (free from sensuality) you will attain eternal bliss-personified, God.

12. Teaching on converting action into SAT: Make your actions SAT. Such actions will lead you towards your Eternal nature. Never think –‘I have 10 houses... I have so much money...’ Don’t feel egotism on account of these possessions. Don’t commit spiritual suicide. When you think, ‘The houses are mine, the money is mine’ you attach importance to unreal things and become petty yourself. You have attached so much importance to actions that they, despite being unreal, are suppressing you.

You do actions, though they are by nature ephemeral; yet, if you learn to do them skilfully, you will attain to Truth Absolute. If you do actions for the sake of God, you will be able to get SATSANG (Literally: company with Truth) through actions.

कर्म चैव तदर्थाय सदित्येवाभिधीयते । “...action in connection with these (for the sake of the Supreme) is called ‘SAT.’” (Gita: 17.27)

12 teachings from the Gita for progress in this world and the other

(Gita Jayanti: 21st December)

– Pujya Bapuji

The knowledge of Gita gives inspiration for the well-being of mankind and imparts spiritual wisdom. The Gita includes 12 teachings. It teaches what to eat to keep the body healthy, how to conduct yourself so your mind remains healthy and what philosophy you should listen to and assimilate for your intellect to become illuminated with the light of spiritual knowledge and meditation. How you should lead your life so that you can trample death by completing your journey to the Immortal Supreme Self before death arrives. Such is the divine knowledge of the Gita. Understand its 12 teachings:

1. Teaching on the elimination of grief:

The Gita is the book of optimism and enthusiasm. Who is dead? One is dead even while living whose hope and zeal are dead. Whose life is successful? Is he successful and happy who has a huge following and a lot of wealth? No-no. Only he is living in the true sense, who has the right philosophical outlook, the right knowledge and spirit of living. The Gita is a spiritual book which infuses spiritedness. One who listens to discourse on the Gita does not lament over the past, is not fearful of alarming thoughts of the future, is not overwhelmed by present happenings, and does not become prey of worries. The listener of satsang on the Gita becomes skilled in action.

2. Teaching on discharging one's duty:

Always perform your duty by doing work skilfully. Do not let your work be spoiled by carelessness, jealousy or the desire for the

fruit. Do your duty and offer its fruits to the Lord. If you work out of greed for the fruits, your abilities will not develop. Let your work become “Karmayoga”.

3. Teaching on renunciation:

It teaches to renounce desires, sense of doer-ship and ignorance of the mind. ...त्यागाच्छान्तिरनन्तरम् । ‘...peace immediately follows ‘renunciation’.

(Gita: 12.12)

Renunciation will fill your heart with divine

peace.

4. Teaching on diet: Even on the battlefield, the Lord does not forget to explain about health. Eat such foods that illness cannot touch you, and if illness afflicts you, make such changes in your diet so you become cured of the illness. युक्ताहारविहारस्य... “YOGA becomes the destroyer of pain for him who is moderate in eating and recreation...” (Gita: 6.17)

5. Teaching on being untainted by sins:

Although Arjuna was engaged in the terrible action of war he remained untainted by sin. The Gita contains such a great teaching! If you perform any work with a sense of doership, for enjoying its fruits, you incur sin. But if you do the work out of good feelings without a sense of doership, and desire for fruits, you do not incur sin. यस्य नाहंकृतो भावो... “He who has no feeling of egotism, whose intellect is not tainted, he does not kill, nor does he become bound – even by killing these creatures!” (Gita: 18.17)



What a great teaching of Sanatan Dharma this is! It does not give you a licence to tell a lie in trivial matters but when you perform an action for the good of others without any selfish motive, you do not incur sin.

6. Teaching on enjoyment of sense pleasures: You live, eat and drink in such a way that you make proper use of worldly things. Do not get drowned in samsara by enjoying worldly pleasures. Just like a stupid fly plunges into the cup of syrup and drowns, but the clever fly sits on the edge of the cup, drinks the syrup and flies away. In a similar way, you were not here before, nor shall you stay here forever; hence do minimum work in the world to earn your livelihood and use the rest of your time for your spiritual elevation. How to make proper use of worldly things and enjoy pleasures has also been taught by the Gita.

7. The teaching on offerings to God: Whatever you do through your body, speech and mind, offer it to God. Your hand cannot raise itself independently. Your mind, tongue and intellect cannot do anything independently. You may have become a doctor or an officer. Did you become that only by your personal efforts? No, you could only become that with the help of a number of authors (of text books), teachers, parents and several other limbs of society. Apart from this, the greatest help you receive is from the consciousness of the Supreme Self; then what contribution has your ego in all this? When it has not contributed, whatever you do with the power of God, do it as an offering to Him. Then your ego will not make you an egomaniac like Ravana but it will gain repose in its own Self like Lord Rama.

8. Teaching on giving Charity: You will be compelled to leave all transient objects at the time of death, so make good use thereof by giving charity and doing

virtuous acts. दातव्यमिति यद्दानं... “That gift which is given, knowing it to be a duty, in a fit time and place, to a worthy person, from whom we expect nothing in return, is held to be SATTWIC.” (Gita: 17.20)

If you possess keen intellect or strength, use it for the good of others. If you are wealthy, you must use at least 10-20% of your wealth (income) in benevolent acts.

9. Teaching on Yajna: According to the Gita (17.11), the sacrifice which is offered by men without desire for fruit, and as enjoined by ordinance, with a firm faith that sacrifice is a duty, is Sattvic, or ‘pure’. Such acts of sacrifice purify the intellect and there is no place for grief, sorrow or useless actions in a pure intellect.

Oblations offered into the sacrificial fire purify the environment, and spread the resolve (for the fulfilment of which the sacrifice is done) to distant places. However, this is not the only way of conducting a *Yajna*. Giving food to the hungry, water to the thirsty, showing the right path to any lost person are also *Yajnas*.

10. Teaching on worship: The Gita contains the teachings on worship of the gods, Pitris (ancestors), and the ‘wise’ men. Such a worshipper gains fame, strength, longevity and knowledge.

However, the teachings on the worship of the all pervading Lord Vasudeva- वासुदेवः सर्वम्... “...all this is Vasudeva (the innermost Self)” is also in the Gita.

11. Teaching on cultivation of Equanimity: This teaching makes one God. It is known as *Samatva Yoga* (Yoga of equanimity). Cultivate the virtue of equanimity in your life. When faced with sorrow, know for sure that as it has come, it is bound to go. Don’t be overwhelmed by it. Just enjoy the arrival of that sorrow. Likewise, enjoy happiness when it comes

(Continued on page: 15...)

True Worship of the Formless God

(Anniversary of Shri Ramana Maharshi: 30th December)

A Muslim once came to argue with Shri Ramana Maharshi. “Has God a form?” he asked.

Maharshi instantly figured out his intention and retorted ironically, “Who says God has a form?”

The questioner persisted, “If God is formless, is it not wrong to ascribe to Him the form of an idol and worship Him in it?”

“Let’s put God aside; first tell me whether *you* have a form.”

“Of course I have a form, as you can see, but I am not God.”

“Are you then the physical body made of flesh, bones and blood and nicely dressed?”

“Yes, it’s just like that; I am aware of my existence in this physical form itself.”

“You call yourself that body because now you are aware thereof; but can you be a personification of the body when in deep sleep you are quite unaware of its existence?”

“Yes, because I am aware of it until I fall asleep, and as soon as I wake up I find myself the same as I was before falling asleep.”

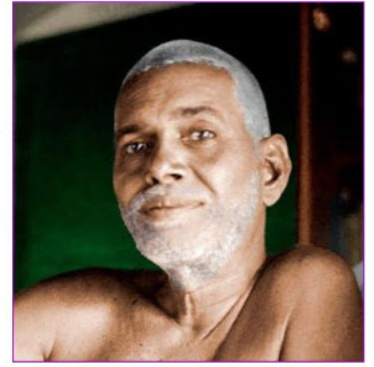
“And what about when death occurs?”

The questioner thought awhile and then said, “Well, then I am considered dead and the body is buried.”

“But you said your body is yourself. When it is being taken away to be buried why doesn’t it protest and say: “No! No! Don’t take me away! All this property I have acquired, all these children I have begotten, they are mine, I must stay with them!”

The visitor then confessed that he had wrongly identified himself with the body and said, “I am the life in the body, not the body in itself.”

Then Maharshi explained to him: “Till now you seriously considered yourself to be the body. This is the primal ignorance which is the root cause of all troubles. Until this ignorance is removed, until you know your formless nature, it is mere pedantry to argue whether God has a form or He is formless and whether it is right to worship God in the form of an idol when He is actually formless.”



(Continued from page: 25...)

“Check to see if they have taken anything.”

The *Sadhaka* said: “Bapuji! They stole my bag.”

“What was in the bag?”

“My 3-4 pairs of clothing, a little money and even the dhoti You gave was in that bag.”

“The thieves can’t ever take away the bag containing the dhoti given by me. Look around carefully, they must have left it somewhere.”

Whilst searching along the path beside the river he found the bag lying on the ground. The thieves had fled leaving the bag.

The eternal relationship between Guru and disciple

Yogi Shyama Charan Lahiri was a famous saint of Bengal. Before becoming a Saint he was stationed in Danapur as a government accountant in the Military Engineering Department. One morning the office manager summoned him. "Lahiri," he said, "a telegram has just arrived from our main office. You are to be transferred to Ranikhet, (Dist. Almora, Uttara Khanda)."

Lahiri went to Ranikhet. During a ramble one early afternoon, he was astounded to hear a distant voice calling his name. He continued his vigorous upward climb on Drongiri Mountain where he had darshan of Babaji.

Babaji said, "Lahiri, you have come! Rest here in this cave." Lahiri was dumbfounded.

Babaji said, "It was I who silently suggested to the mind of your superior officer that you be transferred to Ranikhet."

As Lahiri maintained a bewildered silence, the Saint approached and struck him gently on the forehead. At his magnetic touch, a wondrous current swept through his brain, releasing the sweet seed-memories of his previous life. He said, "You are my Guru Babaji, who has belonged to me always! Scenes of the past arise vividly in my mind; here in this cave I spent many years of my last incarnation!" As ineffable recollections overwhelmed him, he tearfully embraced his master's feet.

Babaji said, "For more than three decades I have waited for you to return to me! You slipped away and vanished into the tumultuous waves of the life beyond death. Though you lost sight of me, I never lose sight of you! I pursued you over the luminescent astral sea where the glorious angels sail. As you lived out your human term of womb-life, and emerged a babe, my eye was ever on you. Patiently, month after month, year after year, I have watched over you, waiting for this perfect day. Now you are with me! Lo, here is your cave, loved of yore!"

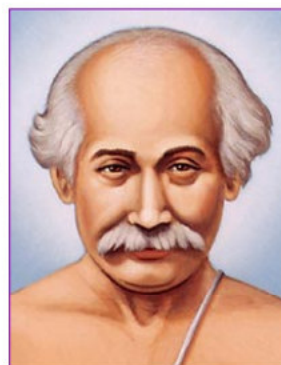
"My Guru, what can I say? Where has one ever heard of such deathless love?" Lahiri murmured brokenly.

At night, by his power of yoga, Babaji materialised a golden palace. He called Lahiri to the palace and initiated him into Kriya Yoga. He said, "In the dim past, you once expressed a desire to enjoy the beauties of a palace." His master satisfied his wish of moving in the golden palace and garden to free him from the bonds of karma. He instructed that the whole palace is dream like. God made all things out of His consciousness, even as man in his dream consciousness reproduces and vivifies a creation with its creatures. A man closes his eyes and erects a dream-creation which, upon awakening, he effortlessly dematerialises. Similar is the waking-creation."

"Lahiri, you are hungry." Babaji added, "Close your eyes."

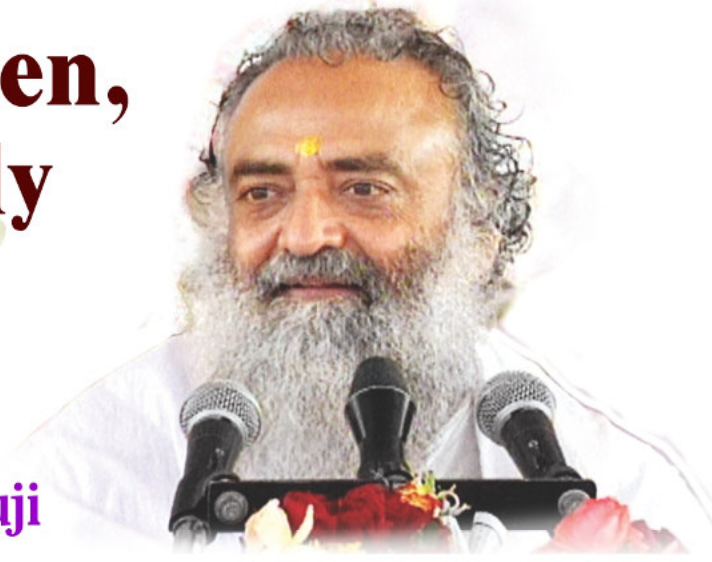
When he reopened them, the enchanting palace and its picturesque gardens had disappeared. Babaji lifted an earthen vessel from the ground. He said, "Place your hand there and receive whatever food you desire."

Lahiri satisfied his hunger and quenched his thirst but now he developed detachment from the world and engaged himself in *sadhana* as instructed by Babaji. Finally he assimilated the grace of Gurudev and attained Self-realization.



Saints, Great Men, and the Elderly Enhance our Knowledge

– Pujya Bapuji



If the daughter-in-law thinks ill of the mother-in-law, the latter will also think ill of the former. If we think ill of our neighbour, he will also think ill of us. If we wish him well, he will also wish us well. These days, girls do not understand this. After getting married, the girl says to her husband, this is the era of liberation. I won't stay with the mother-in-law. She admonishes me on petty issues: 'Don't do this... do this...do that...'

Husband: "It doesn't matter. Elders of the family are our seniors. We should live harmoniously with them."

After some days, she again says, "I shall stay separately."

Upon hearing it time and again the husband says, "Okay, let's live separately."

After separation, they had two kitchens. Expenditures increased. All the home-made *Papads* (thin crisp cakes made from flour of pulses mixed with spices) were finished. She was fond of tasty foods. She said to her husband, 'No *Papad* is left.'

Husband said, 'Then prepare them yourself.'

'How are they prepared?'

'Go and learn it from my mother.' She went to her and said, "O Mother-in-law! How are *Papads* made?"

Mother-in-law: 'They are made from the flour of green and black grams.'

"I know that."

"By grinding split-pulses the flour is made".

"I know that too."

"Add cumin, black pepper and salt to that flour."

"Yes, cumin has to be added, I know that. What has to be done next?"

"Add baking soda to water and prepare the dough. Then make small balls thereof."

"I know that. What do I do next?"

Mother-in-law said, "The manner in which we roll *Rotis* with a rolling pin, is the same way we roll *Papads*."

"How *Papads* could be prepared without rolling! I know also how *Papads* are rolled. What is to be done next?"

"Spread them in the room."

"Yes, they have to be spread. I know this also, what else..?" By then, the mother-in-law had lost all her patience and was annoyed. She said, 'Ask the neighbour for the next step of the recipe.'

She went to her neighbour and elaborated all the steps her mother-in-law had described and said, "I already knew all that."

The neighbour realized her stupidity and in order to teach her a lesson, she said, "Finally, you have to drop all the rolled *Papads* into a bucket filled with water."

The wife said, "I know this as well!"

The neighbour suppressed her laughter and said, "Wonderful! Daughter, you know everything."

The wife did the same. When the husband arrived and saw the *Papads*, he said to his wife furiously, "Oh! What have you done? All the *Papads* are spoiled. You do not know even how to prepare *Papads*. Your life too will get spoiled if you do not get assistance from elderly people."

Life becomes ennobled with the wisdom of saints, great men, parents and elderly people. Look into your life. If you are a daughter-in-law, are you helpful to your mother-in-law? If you are the wife of a younger brother, are you helpful to the wife of the elder brother, and vice versa? Ask yourself whether you do good to others? As much as you are helpful to others, and contribute towards the welfare of others, so you will be benefitted in return.

It is the duty of the mother-in-law to have a soft corner for the daughter-in-law in her heart. The daughter-in-law too should have a place of honour for the parents-in-law in her heart, and win favour of the mother-in-law. The wife should become the *Antaryamin* of her husband (knower of her husband's mind) and the husband should facilitate progress of his wife. If the daughter-in-law becomes the *Antaryamin* of her mother-in-law and vice versa, the whole family and clan will become full of cordiality.

Who finds a place in God's abode?

The year was around 1970-71. This account was narrated by the then General Manager of CIMCO Wagon factory, Bharatpur, Rajasthan.

I met Swami Shri Sharananandaji on a train journey. My nature was humorous. I asked a question to Swamiji to pass the time: "Swamiji Maharaj, is there any place in the abode of God for a person like me? I lead an extremely busy and epicurean life. Day and night I spend in the company of luxurious persons taking *tamasic* foods, drinks until late night. Parties and drinking are very common in my life."

Swamiji listened to me attentively and then replied, "Do you have a wife? A son? Do you love them?"

"Yes, I love them a lot."

"Ok. So you love them twofold. You will receive God's love."

"Sir! Not only twofold, I could love them tenfold."

"Do you understand the meaning of love? May be you have infatuation, passion or attachment to them. Isn't it?"

I thought, "This is a complex matter." Then, Swamiji asked further, "Tell me: How much do you love your wife?"

I said, "I would sacrifice my life for her, I would do anything for her."

"Suppose she loves someone else, not you. Would you still sacrifice your life for her?"

I couldn't imagine such a scenario even in my wildest dreams. I said passionately, "I would shoot her instantly."

Swamiji spontaneously replied, "Brother, then this isn't love. It is attachment. Loving someone only if he or she loves you isn't the definition of love. If you can love and serve the vilest person, you can find a place in the abode of God."

Similarly, not just one or two, but millions of lost and perplexed people have received guidance and inspiration to lead a divine life from the Satsang discourses and spiritual books of Pujya Bapuji.

Now I have understood its meaning

I know that the phrase 'God saved me' has a deeper meaning for me today, and still I feel that I have not yet grasped its entire meaning. Only richer experience can help me to a fuller understanding. But in all my trials of a spiritual nature, as a lawyer, in conducting institutions, and in politics I can say that God saved me. When every hope is gone, 'When helpers fall and comforts flee,' I find that help arrives somehow, from somewhere. Supplication, worship, prayer are no superstition; they are acts more real than the acts of eating, drinking, sitting or walking. It is no exaggeration to say that they alone are real, all else is unreal.

Such worship or prayer is no flight of eloquence; it is no lip-homage. It springs from the heart. If, therefore, we achieve that purity of the heart when it is 'emptied of all but love', if we keep all the chords in proper tune, they 'trembling pass in music out of sight'. Prayer needs no speech. It is itself independent of any sensuous effort. I have not the slightest doubt that prayer is an unfailing means of cleaning the heart of passions. But it must be combined with the

Spiritual and Natural solutions of problems

- Mahatma Gandhi



utmost humility.

(An autobiography, Chapter 21)

I believe in the importance of Guru

I believe in the Hindu theory of Guru and his importance in spiritual realisation. I think there is a great deal of truth in the doctrine that true knowledge is impossible without a Guru. An imperfect teacher may be tolerable in mundane matters, but not in spiritual matters. Only a perfect *jnani* deserves to be enthroned as Guru. There must, therefore, be ceaseless striving after perfection. For one gets the Guru that one deserves. Infinite striving after perfection is one's right. It is its own reward. The rest is in the hands of God.

(An autobiography, Chapter 26)

Gita- An infallible guide of conduct

What effect this reading of the Gita had on my friends only they can say, but to me the Gita became an infallible guide of conduct. It became my dictionary of daily reference. Just as I turned to the English dictionary for the meanings of English words that I did not understand, I turned to this dictionary of conduct for a ready solution of all my troubles and trials.

(An autobiography, Chapter 82)

Naturopathy is the effective cure

For constipation I began experiments in earth treatment, and with wonderful results. The treatment consisted in applying to the abdomen a bandage of clean earth moistened with cold water and spread like a poultice on fine linen. This I applied at bed time, removing it during the night or in the morning, whenever, I happened to wake up. It proved a radical cure. Since then I have tried the treatment on myself and my friends and never had reason to regret it.

Though I have had two serious illnesses in my life, I believe that man has little need to drug himself. Nine hundred and ninety nine cases out of a thousand can be dealt with by a well-regulated diet, water and earth treatment and similar household remedies. He who runs to the doctor, *vaidya* or *hakim* for every little ailment, and swallows all kinds of vegetable and mineral drugs, not only curtails his life, but, by becoming the slave of his body instead of remaining its master, loses self-control, and ceases to be a man.

(An autobiography, Chapter 84)

The difference between Jivanmukti and Videhamukti

(Contd. from the last issue's end of 'Seven Stages of Knowledge')

(4) Sattvaapatti: This is the stage of attainment of Knowledge. Dispassion towards the worldly things which ensues because of the practice of the above three stages culminates into the rising of *Brahmakaara Vritti* (the sense of being the all pervading Brahman), which removes the difference between 'Thou' (the individual self) and 'That' (The Lord Supreme). The consequent state of abiding in the Real Self is called *Sattvaapatti*, the fourth stage of Knowledge. This is the state where *Avidya* is removed. A person who has reached this state is called a *Brahmavid*.

(5) Asansakti: Due to the practice of the above four stages, when one settles into a state of complete detachment, the *Sadhaka's* life is enveloped with the Knowledge of the identity of *Atman* and Brahman. It is the state of *Jivanmukti* (being liberated while living). The person in this state is known as '*Brahmavidvara*'. To the *Jivanmukta*, knower of Brahman established in this state, the whole creation appears like a dream. He does not accept himself to be a finite being subject to transmigration having sense of doer-ship and enjoyer-ship. He may remain engaged in any type of activity or withdraw himself from all activities according to his former nature. The first four stages can be obtained by *Purushaartha* (self-effort) and the fifth is the fruit of Self-Knowledge. Most Self-realised great men are established in this stage only.

(6) Padaarthaabhaavani: In this stage thoughts on objects almost cease. This is because the sense of falsity of names and forms of objects and reality of one's own Self is embedded in the mind with an increasing firmness due to the maturity gained through the above five stages. Therefore, He occasionally becomes aware of the existence of objects of this world, while remaining completely unaware thereof at other times. Hence, the actions for the sustenance of the Self-realised man established in this state are carried out by others. A person in this state is called a '*Brahmavidvareeyaan*'. This state cannot be reached by personal effort; it rises when the force of the *Jivanmukta* great man's *Praarabdha* (that part of one's karma which is to be worked out in this life) is spent, or some earlier desire gets materialised.

(7) Turyagaa: Upon practising the sixth state for a long time, the sense of duality in the manifest world totally disappears. The person's *padaartha-buddhi* (the sense of materiality) and *deha-buddhi* (the sense of being a body) are destroyed completely. His mind does not descend by itself, or by any other means, into physical and material awareness. Therefore, he does not come back to waking consciousness from this

(Continued on page: 27...)

Inspirational Life-tales of Pujya Bapuji

Pujya Bapuji's intimacy with the plants and trees:



Bapuji is a great Saint ever engaged in the welfare of all beings. Even the pain of plants and trees moves Bapuji deeply, so much so that He engages Himself forthwith in the task of removing the same.

Pious streams of the river Ganga flow by the ashram at Haridwar. One ascetic Mahatma would keep a fire burning constantly under a wood-apple tree in a place between two streams. The flames and fumes of the fire scorched and withered the leaves of the tree.

Bapuji went for a stroll, a routine he observes both in the morning and evening. Upon seeing the pain of the silent tree, Bapuji was pained too. He immediately collected cow dung from around the area with the help of some servants. They then dug a low trench around the tree and filled it with cow dung and Ganga water.

A few days later when Pujyashri visited Brahmapuri (Rishikesh), He instructed a *Sadhaka* acquainted with that Mahatma: "Tell the Mahatma that the fire he lights under the tree scorches it. Show him how its leaves have become withered and how painful it is for the silent tree." After some time, the Mahatma moved to another place.

Pujya Bapuji's altruism for all

Once, Pujya Bapuji told his servant, "Today, I will take a bath using an unguent; it's been a long time since I used an unguent while taking my bath." The unguent available at the *Kutiya* was infested with insect pests. The servant informed Bapuji, whereupon He said, "Bring it here and let me see how many insects are in the unguent."

Finding numerous insects therein, he said, "Don't throw it away. Leave it as it is. Let them eat and live." Bapuji took His bath without any unguent.

Generally, people would immediately throw away something infested with worms or insects; but the vision to see how many insects could gain nourishment from the infested matter is available only to such great saints as Bapuji, who are ever engaged in the welfare of all beings.

Every flower blossoms in its own unique way:

This incident dates back to 2003, when one day Bapuji came strolling and enquired of a *Sadhaka*, "Tell Me, what you want? Get it granted."

The *Sadhaka* said: "I want nothing!"

The *Sadhaka* had a number of such chances when Bapuji said to him, "Ask for anything you want."

The *Sadhaka* would at times say, "May my love for the Guru's holy feet keep ever increasing." and at others, "I want nothing!"

Another day, Bapuji was greatly pleased. He said, "Tell me what you want?"

The *Sadhaka* said: "My Lord, I wish to become a saint like Swami Ramatirtha."

Bapuji replied loudly, "You can never become like the Swami, not even in your next 10 births!"

All were stunned to hear Bapuji's voice. 'Bapuji was very pleased.....and what happened all of a sudden?' Just a few moments later Pujyashri said very lovingly, "Sonny! Each flower blossoms in its

own unique manner. One Ramatirtha came into being. Now any number of persons may read his biography and repeat his words, but none can become another Ramatirtha. If, one becomes like him, it will only be an imitation. Why imitate any person? Just cultivate his virtues in your life –that’s all.”

Then the mind of the *Sadhaka* took a turn towards Self-realization.

Bapuji’s Simplicity:



When inspired by his maternal uncle, the Deputy Manager of the Indian Airlines (at present retired) Shri Harshad Bhai Desai came with his wife for the first time to have *Darshan* of Bapuji at the Ahmedabad ashram, there occurred an unforgettable incident. Reminiscing over the incident he says, “On our first visit to the ashram we saw a black-bearded radiant man in shorts serving in the garden. I said to him, “I wish to have *Darshan* of Pujya Bapuji.” So, he indicated towards an elderly man with a long white beard and said, “He is Bapuji.”

As we saluted the man upon approaching him and started the conversation by addressing him as ‘Bapuji’, he instantly said, “I am not Bapuji. I am Shivlal, a *Sadhaka* serving in the ashram.

The one you first spoke to is Himself Pujya Bapuji!”

We were plainly wonderstruck to note the astounding simplicity and humorous nature of such a renowned Self-realized Saint!

The hallmark of a Self-realized saint is that all of his behaviour is driven by humour.

Despite having a place of reverence in the hearts of millions, that lofty title and fame failed to rob Him of or suppress His simplicity, spontaneity, cheerfulness and guileless smile! Seeing Pujyashri Himself working in the garden filled my heart with great veneration for Him. By the time I turned towards Bapuji, He had already left for His *Kutiya* (Moksha Kutir).

Later, when Pujya Bapuji came and blessed us with His *Darshan* and *Satsang*, we felt fulfilled. We also got mantra-initiation from Him. Bapuji showed us the path of continence, good conduct, selfless service and devotion to God; and the degree of both worldly and spiritual advancement that we achieved by following the same is simply beyond description.

Who can be compared to such a great man? Today, it is already 34 years since we got in touch with Bapuji. By dedicating my life to *Sadhana* and selfless service living at home after retirement rather than joining another service, I am feeling greatly blessed.”

When the thief fled leaving the bag:

The white dress of Bapuji inspires us to increase whiteness in our lives. Whiteness stands for the purity of heart. 35 years ago, a man came to stay at the Ahmedabad ashram as a *Sadhaka*. He clad himself in pants and shirt. Pujya Gurudev told him: “How come you wear pants and shirt while staying in the ashram? Wear a dhoti instead.”

He said: “Bapuji! I don’t have a dhoti.” Bapuji took off the dhoti covering His shoulders and gave it to him saying, “Take it, and start the practice of wearing a dhoti from today.”

Once, thieves broke into the ashram at night. That *Sadhaka* woke up and shouted at them and the thieves fled. Hearing the clamour, Bapuji came out of His *Kutiya* and asked, “What is the matter?”

“Gurudev! Thieves were here.”

(Continued on page: 18...)

An Ingrate and Slanderer digs his own grave

There is a story in the Mahabharata. Grandsire Bhishma said to Yudhishtira, “In a forest uninhabited by human beings there lived an ascetic with his senses under control. Besides having attained *Siddhis*, he was established in *Sattva Guna*. He understood the cries and voices of all animals and even their thoughts. Fierce lions, tigers, leopards, bears, elephants etc. also used to come to him. All of them sat before him as if they were his disciples. A dog was so much devoted and attached to the sage that it never left his company.



One day, a leopard came to prey upon that dog. The dog said to the Muni, “My lord! This leopard wishes to kill me. Do thou so act that all my fears from this animal may be dispelled through thy grace.”

Muni said: “Thou shalt have no fear of death from leopards any longer. Let thy natural form disappear and be thou a leopard, O son!” The Muni transformed the dog into a leopard; whereupon the other leopard forsook all feelings of animosity towards it.

One day, a hungry tiger chased the leopard. He again sought the Rishi’s protection. This time the sage transformed him into a tiger, so the other tiger could not kill him.

Another day, the tiger saw an infuriated elephant coming towards him. The tiger agitated with fear again took refuge of the Rishi. The Rishi transformed the tiger into an elephant. The real elephant became terrified and ran away.

After some days, a maned lion arrived and again the elephant, for fear of its life, began to tremble and took shelter of the sage. The sage transformed the elephant into a lion. Seeing it, the wild lion became terrified.

One day, there came a *Sharabha* –the killer of all animals having eight legs and eyes on the forehead. Seeing the *Sharabha*, the lion trembled with fear and sought the protection of the sage. The sage transformed his lion into a *Sharabha*. Beholding the Rishi’s *Sharabha* the wild *Sharabha* became terrified and quickly fled.

Sharabha lived happily by the side of the Muni. One day the *Sharabha* thought: ‘I have obtained the rare body of a *Sharabha* merely by the resolve of the Muni. There are other deer and birds, which too are terrified by fierce animals. What if this Muni feels pleased to give even them the body of a *Sharabha* like me? Before this sage gives any other animal such power, I better kill him.’

Possessed of great wisdom, the sage, having ascertained the intention of the ungrateful beast said, “Filled with affection for thee, I did not abandon thee though born in the lower species of dog. Since, however, O sinful wretch, thou desirest to kill me, thou shalt return to thy own species, and be a dog again.”

After this, the mean and foolish animal of wicked soul, which had been transformed into a *Sharabha*, once again assumed, in consequence of the Rishi’s curse, its own original form of a dog. The Rishi, reproving him, drove the sinful creature out of his hermitage. Just like that dog there are some people who commit the terrible sin of thinking and doing ill against the great saint, their true well-wisher, who happens to have elevated them and filled their lives with happiness, peace and prosperity by His benign grace. Saints are compassionate. They forgive many offences of even such sinners, but these wretched, lowly people wouldn’t give up their wickedness. Such ingrates, slanderer, thankless and spiteful persons dig their own grave.



Tolangulasana

The body takes the shape of a balance in this Asana. Hence it is named Tolangulasana (balance posture).

Benefits: (1) Practice of this asana removes excess weight.

(2) It strengthens the abdominal organs and makes them free from defects.

(3) It strengthens the back, neck and shoulders. It opens and develops the chest.

(4) It improves the circulation of blood in the muscles of the hands.

(5) The flexibility of the spinal column increases and the nervous system works efficiently.

(6) It increases the balancing capacity of the body.

Technique: Sit in Padmasana. Lower the back to the floor. Place the palms of the hands underneath the buttocks. Raise the trunk so that the whole body is supported only on the elbows. Then raise the legs so that the whole body is supported only on the buttocks and forearms. Finally take the breath in and perform *jalandhar bandha* (pressing the chin against the chest). Remain in the final position for a comfortable period of time without straining. Slowly lower the body to the floor. Repeat up to five times.

If you find it difficult to do while retaining the breath you can do it with normal breathing.



(Continued from page: 23...) state again. It is also said that nobody can survive in this state for more than twenty one days. It is clear that this state arises when one's personal destiny is about to end. A person in this stage is called a '*Brahmavidvarishtha*'.

The *Bhoomikas* or stages mentioned above belong to the mind stuff (*Chitta*), or the reflection of pure consciousness in mind known as *Chidaabhaasa*; not to the Self (*Atman*). The Self is homogenous, immutable, and not subject to change like an anvil. From the viewpoint of the inquisitive aspirant of Self-knowledge, the *Shubhechcha*, *Vicharanaa*, and *Tanumaanasaa* can be compared to the *Jaagrata Avasthaa* (waking state as the world appears to be real); the *Sattvapatti* and *Asansakti* can be compared to the *Svapna Avasthaa* (the dream state as the world appears dream-like), and the *Padaarthaabhaavani* and *turyagaa* can be compared to the *Sushupti Avasthaa* (deep sleep state as the world does not appear).

However, from the viewpoint of a Knower of Truth, the order is reversed. The *Turyagaa* and *Padaarthaabhaavani* are like waking state (as one is fully awakened into Absolute Consciousness). The *Asansakti* and *Sattvaapatti* are dream-like, and the *Tanumaanasaa*, *Vicharanaa*, and *Shubhechhaa* are like deep sleep.

From the viewpoints of the *Atman*, the Brahman and the Truth, there exists nothing but the Self.

Tell me how much love I should shower on my beloveds!

Pujya Bapuji's love-showering divine message arrived on Deepavali 2015

Auspicious Deepavali, Propitious Deepavali, Blissful Deepavali.

There are four things to be done on Deepavali, namely: Cleaning the home, purchasing new goods, lighting earthen lamps, and feeding and eating sweetmeats. Whereas, eradicating sorrow, anxiety, fear and negative thoughts from our hearts is inner cleaning of Deepavali. Bringing new goods – 'Bring into your mind the divine thoughts: 'I am the Truth, Consciousness and Witness personified Atman (soul)' –and abide always in your Knowledge and Witness-nature. 'Aum Aum... I myself am the father of all



circumstances!' –light a lamp of such knowledge within and stay cheerful always. Spread the pious vibes of your blissful nature and sublime thoughts all around.

One is the outer Deepavali, while the other is the inner Deepavali. Once you grasp the inner Deepavali well and celebrate it too, every condition, every day and every moment of your life will become a celebration of Deepavali. What sorrow can ever influence the *Sadhaka* who surrendered himself to a Guru intoxicated with divine bliss, became one with nature of '*Soham*'(I am That) and attained the experience of Guru and God?

Bounteous love and warm affection to all the *Sadhakas*; and how much more accolades and blessings should I shower on you! O you Bapu's children... got it? Again and again I am admiring your reverential faith and patience. On the face of massive malicious propaganda and heinous conspiracies you have remained unshaken. How many accolades, blessings and love should I shower on my beloveds, just tell me! Aum, Aum, Aum, Aum, Aum, Aum, Aum... Ha ha ha ha...!

***'Blessed are the parents of one whose heart is filled with devotion to the Guru,'
blessed is his lineage his descendants and also blessed is the land where he lives.***

Pujya Bapuji's message on the conclusion of the Students' Anushtana Camp

*Om salutation to the Supreme Self, Om salutation to Self-God,
Om salutation to my God, Om salutation to my real nature!*

Man is the architect of his own future. Even the smallest man, a pauper and uneducated person can elevate himself to such a lofty height that the scriptures and saints would praise him.

A baby was born blind. There was famine. With a heavy heart, the destitute mother abandoned her baby in a jungle in the dark of night... 'Oh God! You know! What is to be done!' Saint Agradas happened to pass through the same footpath. He blessed the child with eyesight. By virtue of the company of the saint the same child is today known as Nabhaji Maharaj, the author of the celebrated volume 'Bhaktamaal.'

A tribal woman Shabari condemned by all became so great in the company of Sage Matanga that Lord Rama ate fruits of the jeju tree tasted by her. Ravana became great by physical strength and wealth; whereas Shabari attained Self-realization, Self-bliss and Self-knowledge. Ravana is burnt on Dussera every year! Material progress without spiritual advancement is but contemptible! A powerful king Vishvamitra said, धिग् बलं क्षत्रियबलं ब्रह्मतेजोबलं बलम् । "Fie unto the power of Kshatriya (the warrior class). Radiance of Brahman is the power of powers."

(Vaalmikiya Ramayana, Bal Kanda: 56.23)

This great king turned to spirituality and became a *Brahmarshi*; and beloved Rama with his brother Lakshmana massaged his feet. Guru Sandipani was an ordinary student in his childhood. By the grace and blessings of his spiritual Guru, he became Guru of the Lord. Shri Krishna served and adored him. Whosoever has attended the camp (*Shivir*) and has served the attendants in any manner (from propaganda to food) –blessed are their parents, blessed is their lineage, blessed is the land where they live. This has been said by Lord Shiva to mother Parvati.

धन्या माता पिता धन्यो गोत्रं धन्यं कुलोद्भवः । धन्या च वसुधा देवि यत्र स्याद् गुरुभक्तता ॥

"Blessed are the parents of one whose heart is filled with devotion to the Guru, Blessed is his lineage his descendants and also blessed is the land where he lives."

Once again, I express thanks from my side and on behalf of Lord Shiva to audience, orator and the parents of the altruist *Sadhakas*. Have you learnt everything! Children of Bapuji can never lag behind.

Shabari, Mira, Ekalavya, Sandipaka and Lilashahji Prabhu...they all became so great! The parents of Bhagavatpada Swami Lilashahji expired in his early childhood. Yet, He became your grand Guru (Dada Guru) and became my real father. I have had crores of worldly fathers who gave unreal bodies to me in numerous past lives; but your grand Guru enlightened me of the truth 'I am the real Self' and thus became my supreme Guru. Have you ever considered how fortunate we are? Is it calculable? After reading this, fix your tongue to the palate, read it out again.

Finally, bid farewell by chanting Om, Om, repeatedly and doing the laughter technique. "Hey Prabhu Aanandadaata..." (sing this prayer) You all know.

Raju Gurjar, a prisoner of the Jodhpur jail was sentenced to death. Afterwards, on compassionate grounds his sentence was commuted into life term imprisonment. I said, 'If you abandon criminal activities, the Almighty will release you'. He agreed, whereupon he was given the booklet of Asharamayana to recite along with a mantra. He was released within one and a half or hardly two months. Here (in the Jodhpur jail) hundreds of inmates have been benefitted by spirituality and have got released. If you think 'Why doesn't Bapuji come out of jail?' –the good reason is that a doctor doesn't operate on himself, a barber never does his own hairdressing and an advocate doesn't plead for his own case... others have to do their tasks. Your resolutions for me are proving effective. Within a few days, I'll be amidst you. Are you delighted? 'Yes, but not completely. We will be absolutely delighted when you come out!'



Every Particle of this Place is Charged with Spiritual Vibes

– Shri Kaushik Mehtaji, Executive President of Gujarat VHP

Shri Kaushik Mehtaji and Shri Dharmendra Bhavaniji of VHP visited the Sant Shri Asharamji Ashram at Sabarmati Ahmedabad on 20th November. Kaushikji said, “Pujya Bapuji’s imprisonment and His not being released under a conspiracy had kept Ashok Singhalji deeply distressed till the very end of his life. The ashram had organised a programme for paying homage to Mr. Ashokji soon after his demise. The news of the programme reached everyone all over India. VHP appreciates the gesture.

This ashram is a very sacred place, and the vibes of spirituality are perceptible in each and every particle of this place even today.”



People are with Bapuji with the same faith even today

– Shri Dharmendra Bhavani, All India Joint Secretary, Propagation of Religion, VHP

I have been associated with this ashram since 2008. I have been blessed personally by Pujya Bapuji. Today, the Vishwa Hindu Parishad has assigned me the task of preventing religious conversions. Many welfare projects like building temples in hilly tribal regions, spreading education by running schools with hostel facilities, inculcating moral values through ‘Bal Sanskar Kendras’ and keeping the family structure intact etc. have been initiated by Pujya Bapuji. Many propitious programmes like “Parents’ Worship Day” have also been conducted. Today, when I visit those tribal areas, I can see people still connected with Pujya Bapuji with the same unswerving faith.



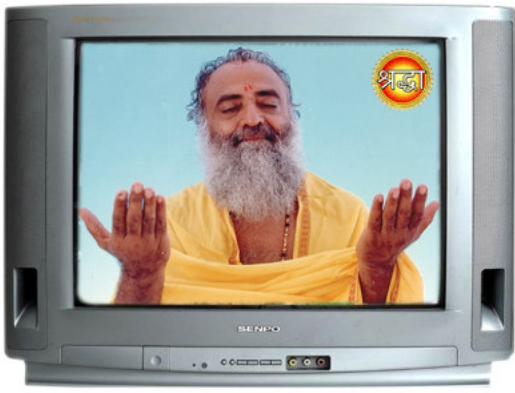
This is a Massive International Anti-Hindu Conspiracy

–Yati Baba Narsimhananda Saraswatiji, Mahant of Siddhapeeth Prachanda Chandi Devi and Mahadev Temple, Ghaziabad (U.P.)

“Sant Asharamji Bapu has worked quite effectively to prevent the Christianisation of India. Everyone knows it, every journalist knows it. Asharamji Bapu is in jail today due to a conspiracy plotted by those who want to victimise all Saints, *Mahants* (religious heads) and great men related to Hindu Dharma; they want to destroy the faith of Hindus and take over the possession of this country by imposing their religion on it.

This is a massive international anti-Hindu conspiracy.

Asharam Bapuji is an elderly Saint. He is not going to abscond, and is unwell too. You may at least grant Him the bail, since the law prescribes that ‘an innocent person should not be punished, even though a thousand criminals may go scot free.’ Why has bail not been granted to Asharam Bapuji and Sadhvi Pragya? I am very disconcerted about this. Thieves and burglars get bail; ruffians, gunmen and even murderers get bail; but these saints are not granted bail. You have kept them still in jail!”



Pujya Bapuji's Message

Aired on a TV channel in 2008

(Continued from the previous episode)

Acharya Ram Gopal Shukla: Will there be more conspiracies in future, or has it finally come to an end?

Pujya Bapuji: These kinds of things do not stop. It will keep continuing, as they want to demolish the strong pillar of activities for the nation's good carried out by Bapuji and thereby destroy the culture of 'Bharat' (India). If the

culture is destroyed, how will 'Bharat' exist? Culture defines the capabilities of every man. I have told the inhabitants of India a thousand times that in India people are able to sleep peacefully. A large section of people suffer from the disease of insomnia in foreign countries. So, do you wish that Indian people ape the West and become disturbed like them to the same extent? At least 1.25 million teenagers studying in schools and colleges become pregnant each year in the 28 developed nations. Of those, approximately half a million seek abortion and the rest of them become teenage mothers who become a burden on society. Do you want your nation to become like this? If you do not wish to bring this wave to India, stop celebrating 14th February as "Valentine's Day". Rather, you should celebrate 14th February as "Parents' Worship Day."

Host: These are the kind of points your detractors dislike, this is the reason why they are harassing you.

Bapuji: Now, let them harass me, if they must! I pray for even those—who have been harassing me or trying to destroy the Indian culture—so that they may become physically healthy and cheerful in mind. May God bless them too with wisdom and well being. This is my purpose.

Question: Rama and Lakshmana had incarnated for the protection of the *Yajna* conducted by Vishwamitra. Do you think some Rama will come to end all the undesirable things?

Bapuji: Rama will not incarnate. Rama who is hidden in the heart of everyone needs to be awakened. "Rama will come" don't keep waiting for that.

तुझमें राम मुझमें राम, सबमें राम समाया है ।

(Rama is in you, Rama is in me, Rama is present in all).

You just need to awaken Rama. Asharam wishes to see the Rama abiding in all hearts awakened, so that India turns into the world teacher, "Vishwaguru" again. This is my resolve.

This resolve of mine will remain as firm as ever. The government and the leaders of society ought to act prudently enough so that the faith, devotion and culture of the people are not undermined in any way.

Host: Bapuji! Today, somehow or the other, an atmosphere of fear and confusion seems to be gradually enveloping the nation.

Bapuji: No doubt about it.

Question: So, what is your opinion in this regard?

Bapuji: In my opinion, the forces out to crush our nation are trying to succeed in frightening and breaking it. They want us to fight amongst ourselves, whereby the nation would get weaker. They wish to stop the current march of our nation towards prosperity, which is clearly evident to even a layman. So, it is time for us to get united with the motto of 'all having similar opinions and doing similar acts' सङ्गच्छध्वं सं वदध्वं...; moreover, we should try to understand one another more generously.

We should guard ourselves against the false and misleading propaganda that are run from time to time by the perpetrators through their paid stooges; while the people working for a positive propaganda must unite; and even the devotees having due faith must get united. (To be contd.)

Massage for Protection of Health and Strength

Massage enhances our health and beauty; and it is also an effective remedy for many diseases. Massage is more beneficial in the winter.

The benefits of regular massage

- (1) Skin becomes healthy, wrinkle-free, oily, glowing and clean. It makes all organs flexible and helps in the optimum growth and protection of the body.
- (2) It helps maintain energy and agility in the body, and removes tiredness.
- (3) It stimulates and strengthens the organs of the digestive system. It regulates the functions of the liver and intestines, and is very effective in clearing the bowels.
- (4) If the body is lean then it becomes robust. If it is fat then it reduces obesity.
- (5) It helps in many diseases like insomnia, body pains, spasms and tremor of the hands and feet, as also in disorders of *Vata* etc.

Therapeutic massage

Massage improves blood circulation in the body and helps to cure physical ailments. Massage helps in the excretion of metabolic wastes and toxins through sweating, urine, faeces and respiration. It improves body functions.

Muscles are invigorated enough to perform their functions properly. Joints become flexible and ligaments become strong. It moves blood through congested and sticky areas and is greatly beneficial to the network of ligaments.

Therapeutic massage is given to different organs in different manners. Pain in joints, headache, sprain and pain in other organs can be alleviated easily by giving appropriate massage. It greatly helps in paralysis as well.

Massage oil: Black sesame seed oil is the best oil for massage.

Important tips on massage

- * Receive massage sitting on a mat spread on the ground, not while standing or walking.
- * At the time of giving massage to any limb, the hand should be moved in an upward direction which promotes blood flow towards the heart.
- * Massage should be received on an empty stomach. Therefore, the best time for massage is after emptying the bowels in the morning and before taking a bath. After 20-30 minutes of massage apply an unguent (Saptadhanya Ubatana), red gram flour or *Multani Mitti* (except in winter) over the body and then take bath with lukewarm water. Dry the body with a towel by rubbing thoroughly.
- * If a complete body massage is not possible everyday, then at least massage the soles of the feet and the head regularly, and apply oil in the navel. Mustard oil or sesame seed oil should be instilled in the ears every 2-3 days.
- * Massage should be given gently by applying light pressure. While giving massage, one should contemplate that the organ being massaged is getting strength. This makes it all the more beneficial.

Precautions

- * Never receive massage immediately after meals. Do not give massage hurriedly or it will cause fatigue.
- * After receiving massage do not stroll in cold air.
- * Oil massage is prohibited in cases of fever, constipation, dyspepsia,



Consume Dates to Make the Body Robust and Disease-free



Dates are sweet, cool and nourishing. They give an instant boost of energy and agility after consumption. It specifically increases blood, flesh and semen besides giving energy to the heart and the brain. It pacifies *Vata* and *Kapha* and helps in clearing the bowels and in urination. Dates are rich in carbohydrates, proteins, vitamins, calcium, potassium, iron, magnesium, phosphorus etc. A regular consumption of dates increases flesh in the body, thereby making the body robust. Taken with cow's milk or ghee they increase the sperm count.

Digestive and nourishing date-chutney

Prepare date-chutney by mixing lemon-juice, ginger, black pepper, rock salt etc. with dates. It stimulates the appetite, helps in digestion, and gives relief from flatulence and loss of appetite. This chutney is also a nourishing tonic.

Strength giving *Avaleha* (electuary)

Mix thoroughly 10 gm pepper with 100 gm each of dates, grapes, sugar candy and ghee. The *Avaleha* is ready. A 20-30 gm of its daily dose helps in T.B., cough caused by tuberculosis, asthma, and hoarseness of voice. It is tasty, appetising and a tonic even for children.

Medicinal uses of Dates

Semen promoting: * Daily consumption of 5-7 dates and 25-30 raisins increases blood formation. Eating dates daily in the morning is beneficial for people with a weak mind, feeble body, and seminal weakness.

* If 5-7 dates and 5 peeled almonds soaked overnight are consumed with milk in the morning for a few months, it will increase vitality, *Veerya* and cure premature ejaculation.

Anaemia: Anaemia is cured by taking 5-7 dates everyday with ghee added milk.

Physical debility: * Mash 500 gm of seedless dates, add 50 gm each of almonds, pistachios, *chirongia sapida* (a kind of dry fruit), sugar candy and ghee; and make *laddoos* of 50 gm each. Eat one *laddoo* everyday followed by milk. It cures physical debility.

* Consume 5 dates and milk mixed with 2 gm Ashwagandha (*Withania somnifera*) powder.

Impotency: Dates mixed with 1 gm cinnamon powder consumed with lukewarm milk in the morning helps in impotency.

Quantity: Wash 5-7 dates thoroughly and soak overnight. Eat them in the morning. 2-4 dates are sufficient for children. If consumed with milk or ghee they are more beneficial. It is not beneficial to eat dates after the Holi festival.

Available at: All Sant Shri Asharamji Ashrams. **Contact:** (079) 39877732.



Ama Dosha, acute fever and cough. It is also prohibited after observing a fast, keeping a late night vigil, and exhaustion. * Therapeutic massage of any organ should be given only under the guidance of a massage therapist, *Vaidya* etc.



Ashwagandha Paak

It is nourishing, and semen-promoting. It gives strength to the nerves and muscles; and also increases height. It is an excellent remedy for nervous debility, seminal weakness, tuberculosis, etc. It promotes the muscles and the semen. It cures mental stress, amnesia and loss of sleep. It increases the RBC count, stimulates digestive fire; promotes complexion and strength when taken with milk.



Saubhagya Shunthi Paak

It is an excellent tonic. It is prepared from invaluable herbs like saffron, dry ginger, cow's milk and ghee, Brahmi (*herpestis monniera*), asparagus, Winter Cherry (*Withania ashwagandha*), Safed Musali (*chlorophytum tuberosum*), Lauha Bhasma (an oxide prepared from iron), bitumen, dry dates, Vidaari Kanda (*dioscorea pentaphylla*), nutmeg etc. Lord Shiva delineated its glory to His consort Parvati. It's consumption cures 80 types of *Vata* disorders, 40 types of *Pitta* disorders, 20 types of *Kapha* disorders, 8 types of fevers, 18 types of urinary disorders; and eradicates diseases of the ears, mouth, eyes, and brain. It relieves renal and vesicular colic, and pain in vagina and uterus.

Available at: All Sant Shri Asharamji Ashrams and service centres of Yoga Vedanta Sewa Samiti.

Contact: 09218112233. **E-mail:** hariomcare@gmail.com

Guru's grace protects me from risks



I own a cloth store. I used to do a little *Sewa* (social service). I would look at the photograph of Pujya Bapuji and would pray repeatedly, "Please give me an opportunity to do *Sewa*." Once I got an inspiration from within as if Bapuji was saying, "Wait for some time."

One day a snake showed up in a house near my shop. When a snake catcher was called, he demanded 1000 rupees. I resolved that I too will do this job (to make it less expensive for people). I prayed for 2-3 days for this very *sewa* from Bapuji and got inspiration from Him – "Ok, but remember your aim is to remove the fear of the people (about snakes), save the life of the snake and spend the earned money for some good cause. I shall remain always with you."

The next day, I put up a board with "Snake Catcher" inscribed thereon at my shop. Today wherever a snake appears, people call me and I go. People pay me whatever they feel appropriate, and I use it to help new members to subscribe to 'Rishi Prasad'.

I have neither taken any formal training, nor do I know snake charming; but while doing this social service, I have come across many life threatening situations and have caught over 1000 snakes from 2008 to 2015. It is only due to the grace of Pujya Bapuji that I am safe today.

– **Shashikant Bedre, Raichur, Karnataka. Mobile - 09742163309**

A Unique Philanthropic Deepawali Inspired by Pujya Bapuji



How do the poor and destitute tribal people celebrate Deepawali who have no residence of their own, no clothes to wear, and not even sufficient food to eat? Is there someone who cares for them? Yes, under the pious inspiration of Pujya Bapuji *Bhandaras* are organised every year in various poor and tribal areas of the country; wherein they are provided with various necessities of life. They participate in chanting of the divine Name and *Kirtana*. They are apprised about the glories of Indian culture and encouraged to give up addictions and other bad habits.

This year too *Bhandaras* were conducted at hundreds of places in the country on Deepavali, wherein poor and needy people were given sweetmeats, clothes (blankets, sweaters, saris, Dhoti-kurtas, clothes for kids), utensils, airtight containers to keep food fresh and hot for a long time, buckets, food grains, matchboxes, candles, soaps, shoes and sandals, spiritual books, worship materials, etc. along with cash.

In a *Bhandara* held at Jodhpur for the local poor and Hindu refugees coming from Pakistan, necessities of life such as cereals, clothes, utensils, sweetmeats, caps, footwear etc. were given along with cash.

The above mentioned materials were also distributed in *Bhandaras* at Barejadi, dist. Ahmedabad (Gujarat) and tribal areas of Lambadia, District Sabarkantha (Gujarat), Gogunda (Rajasthan). People also got benefits of listening to *Satsang* discourses in such *Bhandaras* at various places. In Nanded (Maharashtra), the poor were given flour mills, sewing machines and cash. The poor were given necessities of life at nine places during huge *Bhandaras* in Chhattisgarh. Programmes of devotional songs and *Kirtana* were conducted by the Gwalior ashram in 15 backward villages wherein daily necessities of life were distributed.

Food, Saris, sweets, cash and clothes for kids were distributed by Dhule ashram by visiting the surrounding villages.

On the occasion of Deepavali notebooks, pens, pencils, sweets, sparklers etc. were distributed at various places amongst poor children. In the *Bhandara* of Kondgaon, district Palghar (Maharashtra) thousands of children were given spiritual books along with text books and stationery items besides necessities of life.

(Please see the glimpses of the *Bhandaras* held throughout the country on the cover pages 3 & 4.)

Sadhakas celebrated Gopashtami all over the nation By worshiping and serving cows.

Continuing the tradition of previous years, this year too various organizations of the ashram and disciples of Pujya Bapuji celebrated Gopashtami festival all over the country with religious fervour. Cows were embellished and worshipped before feeding them with various tasty and nutritious foods like *Laddoos*, *Dalia*, jaggery and *Roti* etc. They were served and the dust from their feet was applied on foreheads after circumambulating them.

23,110 *Laddoos* were prepared for the cows using nutritious substances like cotton seed oil-cake, maize flour, wheat bran, peanuts, jaggery etc. in the Ahmedabad Ashram. These *Laddoos* were fed to the cows of Ahmedabad and surrounding places.



The message of cow-protection and the importance of the cow was promulgated in society by carrying out rallies at many places in the country including Jodhpur, Dhulkot, Dist. Khargone, Jabalpur (M.P.), Kesrapalli, Dist. Ganjam (Odisha), Bilaspur (Chhattisgarh) and Hyderabad. The demand for taking effective steps for cow protection was raised by giving memoranda to the local authorities in various cities like Jalandhar (Punjab), Badaun (U.P.) etc. *****

(Continued from page: 37...)

The pain of not getting direct darshan of Pujya Bapuji was visible in the students. They often shed tears while praying for the early darshan of Pujyashri.



Hariom Rama- a student of grade nine, hailing from Barmer (Rajasthan) spoke about the camp, “We have learnt good samskaras and many tacts useful in life. We wish that such camps to be held every six months.”

Winning students in the various competitions held during the camp were awarded prizes. The students took a resolution to adopt the teachings imparted in the camp regularly and to spread them to the masses. A similar camp for students was also held from 5th to 10th November at Jodhpur Ashram.

Drops of nectar

* In order to have divine bliss you do not have to get any object, condition or state of mind. It can be obtained only by the grace of a God-realized Sadguru.

* Use the intelligence gifted by God to sever the worldly bondage and to make your heart pure. This is possible only when your intellect is refined by satsang.

* It is not that difficult to attain God. Difficult it is to meet a saint, who can get one attain God-realization, and His satsang. If you meet such a saint and get his satsang, pay due respect to him and make your life blessed.

* No riches of the world carry any value in comparison to peace of Self-Repouse. Apply all your strength and abilities to attain Self-realization. This is the only worthwhile thing to do in life.

* If you take firm resolution for God-realization and cut off the cord of attachment to the world, then victory will be yours for sure. Troubles would go away just like the clouds get dispersed by windstorm, when a seeker is endowed with strong will power. Concentration of mind develops will power.

Students' Anushthana Camp: progression towards real uplift



Anti-social elements have attempted to shatter the faith of countrymen by vilifying and incarcerating Pujyashree through fabricated charges; but what could shake them, who are well aware of the truth and have themselves experienced many benefits from darshan and satsang of Bapuji! It was amazingly exemplified by thousands of students, boys and girls, coming from various parts of the country to attend the week long Anushthana Camp for students held during Diwali from 11 to 17 November at Ahmedabad. Their faith, devotion, self-confidence and the spirit was simply amazing.

The daily routine in the camp was chalked out on the basis of the principles of the biological clock. The daily routine included ideal religious observances of Indian culture like rising up in the Brahmamuhurta (at 4.00 am), bathing before sunrise (Rishi-snana), performing Saraswatya Mantra japa, listening to satsanga, pranayama, prayer, yogasana, kirtana, meditation, consumption of Tulsi leaves, offering libations to the Sun-god, etc.



Vaishnavi Mohan Kadam who arrived from Pune (Maharashtra) said, "There is a huge difference between the Diwali celebration in the Ashrams and outside, which we realised after coming here. From now, we would love to celebrate Diwali here while attaining the joy of the Self through divine Name and meditation on God instead of celebrating it with crackers and fireworks."

Seema- a student from Bhatapara (C.G.) said, "In this Anushthana Camp, we have achieved the invaluable keys to ideal living. We learnt the glory of strong character building and the easy way to attain success in worldly education as well as transcendental knowledge. We learnt how to spend our life so that self-realisation can be attained in this birth. We are determined to achieve the knowledge of Brahman and make our India the world master (Vishwaguru)!"

During the Anushthana, students performed 170 Malas of the Saraswatya Mantra Japa daily. Thousands of students accomplished their Anushthana, on eating only nutritious and sattvic Kheer prepared from the desi cow milk- the nectar on earth, and dates. Children also consumed the health-giving Panchgavya.

(Continued on page: 36...)

Select glimpses of Bhandaras held for the poor and the tribal people on Deepavali



Rayta, dist. Thane (Mah.)



Okhleshwar, dist. Khargone (M.P.)



Phanaspada, dist. Palghar (Mah.)



Raipur (C.G.)



Birkhera, dist. Gwalior (M.P.)



Bhurwad, dist. Valsad (Guj.)



Belaudi, dist. Durg (C.G.)



Kodangal, dist. Mahabubnagar (Telangana)



Dondaicha, (Mah.)



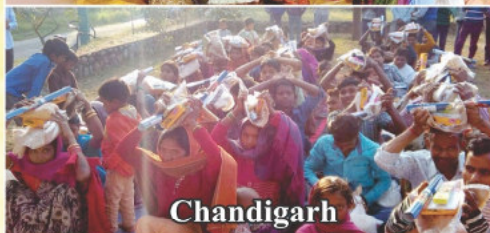
Malegaon, dist. Nasik (Mah.)



Jaipur



Wada, dist. Palghar (Mah.)



Chandigarh



Boisar, dist. Palghar (Mah.)



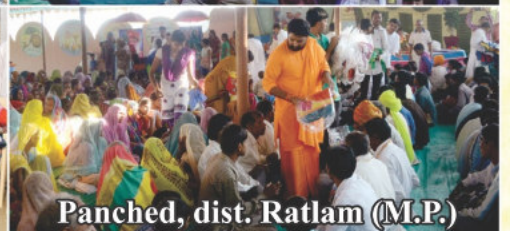
Jammu



Kanpur (U.P.)



Chhindwara (M.P.)



Panched, dist. Ratlam (M.P.)



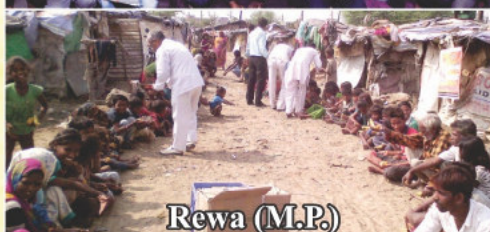
Satara (Mah.)



Mokhada, dist. Jhabua (M.P.)



Jagdalpur (C.G.)



Rewa (M.P.)



Dhule (Mah.)



Kesrapalli (Odisha)

We are unable to publish all the photos due to lack of space. For many more photos, please log on to www.ashram.org/sewa. Ashrams, samitis and sadhaka parivars may send their photos of selfless service to sewa@ashram.org through e-mail.

Thus Deepavali was celebrated with devotional faith outside the Jodhpur jail



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Bhandaras organised for destitute, poor and tribal people on Deepavali

They received daily necessities (cloth, utensils, food-grains, blankets, cash etc.) along with the knowledge of culture and affection of the Sadhakas



(See also cover page 3)